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Caring For Your Skin



Fall – Winter 2016

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Welcome to the latest issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Current promotions*
- 2) *Latisse for restoring eyebrows and to improve the appearance of sagging eyelids*
- 3) *Recent studies of interest (oily skin & aging; irisin & fat; diet & hot flashes; caffeine & dementia)*
- 4) *Governor Shumlin's recent approval for All-Payer HMO-style health care will affect payment for patients covered by Medicare, Medicaid and private insurance*

Current promotions

Look your
best for the
holidays.



Improve the look of moderate
to severe frown lines with...

Dysport



\$50 off one Dysport treatment (\$280 or greater), until Dec 6th. No limits to the number of people who can participate in this offer. Limited to one offer per person. An **additional \$25 off** for those who have never received Dysport treatment before; must get treatment by Nov 30th.

Restylane Restylane Restylane

SILK

LYFT

\$50 off each syringe of Restylane, Restylane Silk and Restylane Lyft, until Dec 6th. No limits to the number of syringes or the number of people who can participate in this offer.

Get an additional \$20 off the above offers if you have not yet registered for the Aspire Rewards program. To sign up for Aspire Rewards and get the \$20 treatment certificate click here <https://www.aspirerewards.com/app/home.do#how-it-works> We can also help you sign up by calling Laurie at 773-3553 a few days before your appointment.

Call 802-773-3553 to set up an appointment as soon as possible, so that you have more flexibility in scheduling. For more information on Dysport treatments see:

http://www.rutlandskin.com/#services_botox_injections

For more information on Restylane filler treatments see:

http://www.rutlandskin.com/#services_restylane

Latisse can be used for restoring eyebrows and to improve the appearance of sagging eyelids

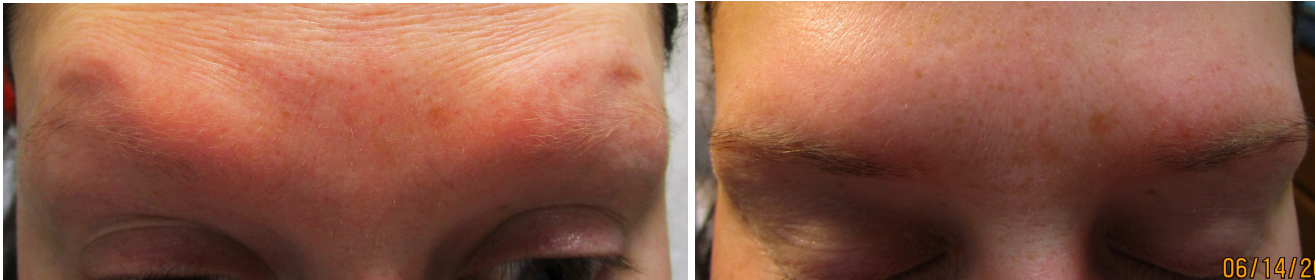


Latisse™

As most of you know already, Latisse is approved for use in growing longer, thicker and darker eyelashes. We first covered this product shortly after its introduction in 2009. <http://www.rutlandskin.com/Newsletter-Spring%202009.pdf>



More recently, reports in medical journals have also shown that Latisse can stimulate growth in sparse eyebrows, and improve the appearance of sagging eyelid skin. The following are photos from two patients treated at the Rutland Skin Center. It was reassuring to confirm the reports in the medical journals, as seeing is believing! These patients are understandably thrilled with the results.



The left-hand photo shows the appearance of the sparse eyebrows before Latisse. The right-hand photo shows the appearance of the eyebrows after three months of Latisse use.

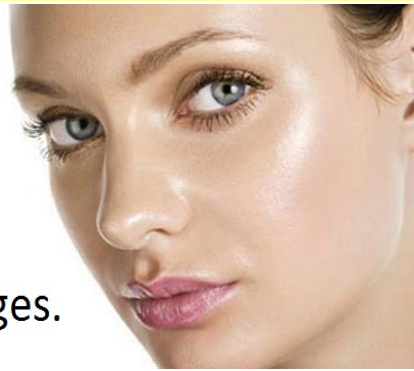


The left-hand photo shows the appearance of the upper eyelid skin before Latisse. The right-hand photo shows the improvement of the eyelids after six months of Latisse use.

Learn more about Latisse for tightening upper eyelid skin at: <http://www.rutlandskin.com/Newsletter-Winter%202015-16.pdf>



Oily skin
has its
advantages.



Oily skin is associated with longevity. Acne sufferers should be delighted to learn that acne may indicate a longer life span. For years dermatologists have noted that people with oily skin seem to age more slowly than those with less oily skin. Oily skin predisposes to acne. Now a recent study from England provides a clue as to why this might be.

“Scientists at King's College London have found that people who have previously suffered from acne are likely to have longer telomeres (the protective repeated nucleotides found at the end of chromosomes) in their white blood cells, meaning their cells could be better protected against aging.

Telomeres are repetitive nucleotide sequences found at the end of chromosomes which protect them from deteriorating during the process of replication. Telomeres gradually break down and shrink as cells age, eventually leading to cell death which is a normal part of human growth and aging.

Previous studies have shown that white blood cell telomere length can be predictive of biological aging and is linked with telomere length in other cells in the body.”

From: <https://www.sciencedaily.com/releases/2016/10/161003133005.htm>

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Irisin is a fat-burning exercise hormone. Irisin is a hormone that gets released with exercise, particularly with endurance exercise. A recent study shows that irisin helps burn fat in at least two ways. First, it activates genes that transform calorie-storing white fat cells into fat-burning brown fat cells, which continue to burn fat calories even after you finish exercising. Second, irisin appears to inhibit the growth of fat tissue. This helps explain the benefits of exercise in weight reduction. Irisin has other beneficial besides fat reduction, including stronger bones and better cardiovascular health.

<https://www.sciencedaily.com/releases/2016/10/161004130812.htm>

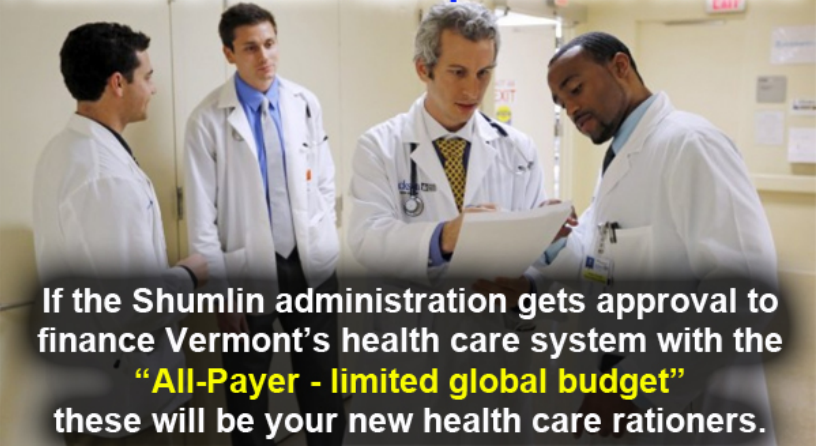
Irisin may also play a role in reducing the risk of breast cancer as we previously reported here:
<http://www.rutlandskin.com/Newsletter-Summer%202015.pdf>

Be aware - All-Payer HMO-style health care starting in 2017

**Medicare Squeeze
of Vermont Hospitals
means less money
for health care.**



Patients & health care providers beware!



**If the Shumlin administration gets approval to
finance Vermont's health care system with the
"All-Payer - limited global budget"
these will be your new health care rationers.**

On October 27 Governor Shumlin signed of an "All-Payer" agreement with Medicare to allow the state to get a yearly lump sum from Medicare and other health care insurers to pay for health care each year. This is a radical departure for how health care is paid today. This is the Health Maintenance Organization (HMO) model for paying for health care. The state will be covered by one Accountable Care Organization called OneCare. The OneCare ACO will get a yearly amount to spend on health care and it is up to the hospitals and health care providers to not exceed the budget. This how health care is financed through the single payer health care system in Canada and the United Kingdom, and it creates long waiting times and has other drawbacks. This creates a perverse incentive for providers to ration health care services, as they are now at financial risk if costs exceed the yearly budget. It puts the providers in a moral dilemma in that, who are they working for? Are they working to do what is best for their patients or are they working for the system, trying to stay within the budget? This plan will be extremely detrimental in the trust between patients and their health care providers.

There was much negative feedback and concern about the risks involved. Governor Shumlin and his appointed Green Mountain Care Board approved this plan despite innumerable unanswered questions. Most Vermonters are not even aware of this plan that is set to begin in January 2017.

For more on this plan including numerous concerns see:

<http://watchdog.org/279878/regulators-approve-all-payer-model/>

<http://vtdigger.org/2016/10/08/skeptics-question-payer-model/>

<http://vtdigger.org/2016/10/27/green-mountain-care-board-approves-payer-deal/>

<http://vtdigger.org/2016/10/14/gerry-silverstein-searching-truth-acos-big-hospitals/>

<http://vtdigger.org/2016/10/26/joint-fiscal-office-points-unanswered-questions-payer-model/>

<http://vtdigger.org/2016/10/10/flood-payer-model-proposal-deeply-flawed/>

In closing, I hope you found items of interest in this issue of the **Caring For Your Skin** Newsletter. If you are not on the e-mailing list and would like to receive future newsletters via e-mail, or would like to have a particular topic covered in a future newsletter, e-mail your request to C4YSkin@gmail.com



Hope you have an enjoyable Thanksgiving and Holiday Season.

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